

Fasolada (Greek Minestrone Soup)

Yield: 4 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/fasolada-greek-recipe>

Ingredients:

- 1 pound dried navy beans
- 12 cups water you may need more
- 1 1/2 cups crushed tomatoes canned
- 4 bay leaves
- 1 tablespoon oregano
- 1 pinch red pepper flakes
- ground pepper
- 1/2 cup chopped parsley
- 3 carrots sliced
- 3 celery ribs sliced
- 2 onions depending on size, chopped
- 4 cloves garlic minced
- salt to taste

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 37 grams
3. Fat: 1.5 grams
4. Fiber: 6 grams
5. Protein: 12 grams
6. Sodium: 410 milligrams
7. Sugar: 5 grams

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